

THE MOST HOLY BODY AND BLOOD OF CHRIST
June 11, 2023

Gospel: (John 6: 51-58)

Jesus said to them, “Amen, Amen I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven.

Reflection:

In the mystery of the Eucharist self-giving and community are inseparable. Life is the most precious possession any one of us has. To share one’s life, then, is to share with another our deepest being. Community is the commingling of life through mutual self-giving. Jesus’ gift of life to us through our participation in his Body and Blood is not simply for our own sakes, but for the sake of others. To receive this gift of life is to be compelled to give this gift to others. Eucharist nourishes us and gives us the strength to choose self-giving as a way of living and this is the only way to achieve eternal life. No wonder we call ourselves a Eucharistic people! (Living Liturgy, p.160)

Vincentian Meditation:

St. Louise prayed: “Give Yourself entirely to me, my God. May Your precious body, Your holy soul, and Your glorious divinity, which I adore in this Holy sacrament, take complete possession of me. Sweet Jesus! Gentle Jesus! My God and my All! Have mercy on all souls redeemed by Your precious blood. In flame them with the arrow of Your love in order to make them grateful for the love that urged You to give Yourself to us in the Blessed Sacrament.” (*Gibson and Kneaves, Praying with Louise, p. 59*)

Discussion: (*Share your thoughts on the readings after a moment of silence.*)

In what ways can we become “Eucharistic people?”

Closing Prayer:

Christ Jesus, we give thanks with broken bread and cup of blessing,
-may your food strengthen us for our journey.
Christ Jesus, your Eucharist is a sign of love,
-may the poor and outcasts find a place at your table.
Christ Jesus, your Eucharist is a sign of unity,
-may we embrace diversity with reverence and open hearts.
Christ Jesus, you are the bread that fills the longing of our hearts,
-may this bread deepen our longing for justice,
Christ Jesus, your are the wine that satisfies our thirst for holiness,
-may this wine deepen our desire for You. Amen

